



## Monthly Well-Being Events: June 2020

**Check out this month's (all online) presentations! Click on the city of your choice below.**

Now is a great time to catch a health coach presentation or join a Walk With Ease group – they all happen online! Learn from experts about trending topics important to you. Completion of these activities can help you earn a Live Life Well Incentive for 2021! For more information about the Incentive, go to [www.benefits.mt.gov/incentive](http://www.benefits.mt.gov/incentive).

This month's highlight: **Walk Your Way to Wellness (by CareHere Health Coaching)**

Date: Wednesday, June 24, 12:30 p.m. - 1:00 p.m.

Location: Webinar URL to be sent to registered participants

Description: Walking is an inexpensive, easy way to increase physical activity, improve health, and reduce stress. For beginners, learn ways to incorporate regular walking. Already an avid walker, take things up a notch with tips to increase intensity.

Register: Register under "Missoula Health Center Webinar" using the CareHere Online Registration Instructions [HERE](#).

Click on the city of your choice for MORE events or presentations available in your area.

- [Billings](#)
- [Butte/Deer Lodge](#)
- [Helena](#)
- [Missoula](#)
- [Outside Health Center Areas](#)

### **Online Registration Instructions (For CareHere Classes)**

To register for a CareHere class, follow the online registrations instructions below. CareHere classes are only open to those who are in health center areas. Walk with Ease is open to all plan members. **Don't delay – classes have limited size and require registration!**

- Click [CareHere.com](http://CareHere.com), select Member Login, and log in with your Username and Password.
- Click on "Make Appointment."
- Click on "Classroom."
- Click on a date or date range for your appointment.
- Select "where" and "provider" (as applicable).
- Select your desired appointment from the options given. If "no available times" appears, the class is full.
- Select how you would like to be reminded of your appointment by selecting the drop-down menu next to "How would you like to be reminded of your appointment?" Click on "Confirm Appointment."
- You may also call (855) 200-6822 for assistance with registering.

You can also view other recorded presentations anytime online at [benefits.mt.gov/LiveLifeWellPresentations](http://benefits.mt.gov/LiveLifeWellPresentations).

Click the link below to explore "Health Matters," an additional resource offered to our members from the Montana Health Centers.

**HealthMatters May Newsletter**

## State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).

